

# Babies and Cups



Education

CHILD HEALTH AND WELLNESS

## When is my baby ready to drink from a cup?



- Your baby can begin learning to drink from a cup around 6 – 7 months old.
- He must be able to sit up well.

## What should I put in the cup?

- Start with water.
- Only put an ounce in the cup.

- Babies must learn to sip and drink, not just suck.
- Give him water until he can do this.
- Then, try breast-milk or formula.
- Babies should not be given soda, tea, sports drinks or other sweet drinks.

## What kind of cup should I use?

- He can learn to drink from an open cup.
- He will need your help.
- Give him sips slowly.
- Sit with your baby when he drinks.



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## How much juice should I give my baby?

- **Babies do not need juice.**
- **Babies need Vitamin C, which they can get from fruit.**
- **If your baby does not eat fruit, 3-4 ounces of Vitamin C fortified juice is enough.**
- **Babies do not digest juice well and may have diarrhea from drinking too much of it.**
- **Many babies drink too much juice and become picky eaters.**



## Can I put my baby down to sleep with a bottle or a cup?

- **Never put your baby down to sleep with a bottle or a cup.**
- **This may cause him to have cavities and ear infections.**



### ABOUT CHILDREN'S HEALTHCARE OF ATLANTA

*Children's Healthcare of Atlanta, one of the leading pediatric healthcare systems in the country, is a not-for-profit organization that benefits from the generous philanthropic and volunteer support of our community and state. With 430 licensed beds in two hospitals and more than 400,000 annual patient visits, Children's is recognized for excellence in cardiac, cancer and transplant services, as well as in many other pediatric specialties. To learn more about Children's Healthcare of Atlanta, visit the Web site at [www.choa.org](http://www.choa.org) or call 404.250.kids.*



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